

# Blueberry Ice Cream Floats

5 ingredients · 15 minutes · 2 servings



## Directions

1. In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
2. Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

## Notes

### No Blueberries

Use kombucha instead.

### Prep Ahead

Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.

## Ingredients

<b>1 cup</b>	Blueberries (fresh or frozen)
<b>1/4 cup</b>	Water
<b>1/4 cup</b>	Maple Syrup
<b>2 cups</b>	Organic Coconut Ice Cream
<b>3 cups</b>	Sparkling Water

## Nutrition

<b>Calories</b>	706	<b>Fiber</b>	4g
<b>Fat</b>	34g	<b>Sugar</b>	56g
<b>Saturated</b>	30g	<b>Protein</b>	3g
<b>Trans</b>	0g	<b>Cholesterol</b>	0mg
<b>Polyunsaturated</b>	0g	<b>Sodium</b>	76mg
<b>Monounsaturated</b>	0g	<b>Iron</b>	2mg
<b>Carbs</b>	70g	<b>Folate</b>	5µg